

**WE CLAIM THE FOLLOWING:**

1. A light system producing a variable intensity light output for mounting on the wrist and finger of a user, comprising a housing; a wrist strap attached to said housing for removably securing said housing on the wrist; a cable extending from said housing for transmitting electrical energy to a light-emitting diode (LED), said LED residing at a first end of the cable, wherein the first end of the cable is distal to the housing; a finger attachment for securing said LED to the finger; a power source within the housing for delivering a current to the LED, and a light intensity control connected to the housing for controlling the light output from the LED.
2. The light system of claim 1, wherein the light intensity control includes a potentiometer.
3. The light system of claim 1, further including a display on the housing for monitoring the current output from the power source.
4. The light system of claim 1, wherein the light intensity control is connected electrically between the power source and the LED.
5. The light system of claim 1, wherein the power source is a battery.
6. The light system of claim 1, wherein said finger attachment comprises a finger strap attached to a casing that houses the LED.
7. The light system of claim 1, further including a display on the housing for monitoring the voltage output from the power source.
8. The light system of claim 1, wherein said finger attachment comprises a clip attached to a casing that houses the LED.
9. The fiber optic finger light of claim 1, further including a lens at the light emitting end of the LED.
10. A fiber optic finger light system producing a variable intensity light output for mounting on the wrist and finger of a user, comprising: a housing; a wrist strap

attached to said housing for removably securing said housing to the wrist; a fiber optic cable extending from said housing for transmitting light from a light-emitting diode (LED) in the housing; said LED residing in the housing near an end of the cable; a finger attachment for securing a second end of the cable to the finger; a power source within the housing for delivering a current to the LED, and a light intensity control means connected to the housing for controlling the light output from the LED.

11. The fiber optic finger light of claim 10, wherein the light intensity control means includes a potentiometer.

12. The fiber optic finger light of claim 10, further including a display on the housing for monitoring the current output from the power source.

13. The fiber optic finger light of claim 10, wherein the light intensity control means is connected electrically between the power source and the LED.

14. The fiber optic finger light of claim 10, wherein the power source is a battery.

15. The fiber optic finger light of claim 10, wherein said finger attachment further comprises a finger strap attached to a casing that houses the LED.

16. The fiber optic finger light of claim 10, further including a display on the housing for monitoring the voltage output from the power source.

17. The fiber optic finger light of claim 10, further including a lens at the light emitting end of the cable.